AMENDMENTS TO THE SPECIFICATION

Please amend Paragraph [035] of the specification to read as follows:

[035] Figure 3 is a cross-sectional view of console 30 illustrating components of console 30 including height adjustment motor ~~31~~ 282. As previously discussed, console 30 is positioned between console support members 26a, b and below cross member 28. Console 30 provides a mechanism for communicating information to the user and receiving input from the user. In the illustrated embodiment, console 30 includes a handrail assembly 32, a user interface 34, a height sensor 36, and a console height adjustment mechanism 38.

Please amend Paragraph [039] of the specification to read as follows:

[039] Console height adjustment mechanism 38 moves the console to tailor the height of the console to the height of the user standing on the tread base 50. In the illustrated embodiment, console height adjustment mechanism 38 comprises a gear 380, a height adjustment motor ~~382~~ 282, a drive shaft 383, and a bracket 385. Gear 380 engages console support members 26a, b to move console 30 relative to frame 20 and tread base 50. Height adjustment motor ~~382~~ 282 provides the force to cause movement of gear 380 and the consequent raising and/or lowering of console 30. A variety of types and configurations of consoles can be utilized without departing from the scope and spirit of the present invention. For example, in one embodiment, the console can be manually adjusted. In another embodiment, the console comprises a motorized console assembly that is automatically adjustable. In another embodiment, the console can be adjusted based on personalized setting selected relative to, or by, a user.

Please amend Paragraph [040] of the specification to read as follows:

[040] Height adjustment motor ~~382~~ 282 provides the force necessary to generate the rotational movement of drive shaft 383. Drive shaft 383 conveys the force provided by height adjustment motor ~~382~~ 282 to gear 380. The lower end of console support member 26a is illustrated with endcap member 264a being removed. The grooves in console support member 26a are adapted to accommodate a portion of console height adjustment mechanism 38. As will be appreciated by those skilled in the art, a variety of types and configurations of height adjustment mechanisms can be utilized without departing from the scope and spirit of the present invention. An illustrative console height adjustment mechanism will be illustrated in greater detail with reference to Figure 5.

Please amend Paragraph [045] of the specification to read as follows:

[045] Figure 5 is a cut-away side view of console support member 26a illustrating console height adjustment mechanism 38 of console 30. In the illustrated embodiment, the lower end 262a of console support member 26a is illustrated. Lower end 262a of console support member 26a includes a gear slot 270, a rack 272, an upper guide portion 274, and a lower guide portion 276. The components of console support member 26a interact with console height adjustment mechanism 38 to allow for movement of console 30. Console height adjustment mechanism 38 includes a gear 380 and a height adjustment motor ~~382~~ 282 (see Fig. 3). Gear 380 engages rack 272 of console support member 26a. As gear 380 is rotated by height adjustment motor ~~382~~ 282 movement of gear 380 results in repositioning of console 380 as the teeth of gear 380 engage rack 272.

Please amend Paragraph [047] of the specification to read as follows:

[047] Figure 6 is a flow diagram illustrating a method for adjusting the height of a console based on the height of the user positioned on the treadmill. The method is started in step 102. It is ~~than~~ then ascertained whether a user is positioned on the treadmill in step 104. Once it is determined that a user is positioned on the treadmill, downward movement of the console is started from a default position at the console's uppermost position in step 106. Once downward movement of the console is started, a sensing signal is emitted from the sensor in step 108. The sensing signal can comprise a infrared light source, a laser, or other signal utilized to detect the height of the user.

Please amend Paragraph [069] of the specification to read as follows:

[069] Figure 10 is a block diagram view illustrating operation of cushioning assembly 60 according to one aspect of the present invention. In the illustrated embodiment, when the weight of the user is placed on deck 56, deflection sensor assembly 80 detects deflection of deck 56 and conveys the amount of deflection to controller ~~101~~ 104. Controller ~~101~~ 104 ascertains the weight of the user based on the reported deflection and known properties of deck 56. The user inputs the desired amount of cushioning to be provided by the variable cushioning mechanism 70 by inputting the desired amount of cushioning into user cushioning selection pad ~~100~~ 102. According to one embodiment of the present invention, user cushioning selection pad ~~100~~ 102 is provided in the user interface of console 30.